



Small Group

SCHEDULE

|MONDAY|

|TUESDAY|

|WEDNESDAY|

|THURSDAY|

|FRIDAY|

615 AM
Reformer

715 AM
Yoga

930 AM
Reformer

NOON*
Reformer

515 PM
Reformer

615 PM**
Mat | SA | T |

715 PM
Cycle | Yoga

615 AM*
Cycle

900 AM
Reformer

530 PM
Reformer

530 PM**
Mat | SA | E |

700 AM
Reformer

NOON*
Reformer

615 PM
Cycle | Yoga

715 PM
Mat | SA |

715 PM
Reformer

645 AM*
Reformer

830 AM
Reformer

930 AM
Reformer

600 PM
Mat | SA |

700 PM
Reformer

615 AM*
Cycle

NOON*
Reformer

*45 MINUTE CLASS

NEW CLIENTS WELCOME JOIN CLASSES ANY TIME

Book your studio tutorial.
Includes a complimentary
first class.

Email
theboss@artoffitness.net
\$55 +HST

PLEASE SEND YOUR E TRANSFER PAYMENTS KW ART OF FITNESS INC Thank You!

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**| SA: SMALL APPARATUS | T: TOWER | E: EXO |

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